

## CHAIRMAN'S CHAT

Members will recall that at the last AGM it was agreed to restructure our subscription rates as from September this year.

The new structure means that each member will pay a common subscription of £13. So for single members there will be no change, but joint membership will rise from £18 to £26.

I am therefore requesting that Members prepare themselves for the following:-

Single Members - You need not take any action - your Standing Order payment will continue as before.

Joint Members - You will need to amend your standing order from £18 to £26.

Standing Orders can be amended in the following ways:-

- Through online banking (I have just done mine - very easy)
- By letter to your bank
- By visit to your bank

Everyone – Please note that the correct payment date for subscriptions is 20th September .Please check that your Standing Order is due for payment on this date.

Jim Purves. [chairman@sevenoaksu3a.org.uk](mailto:chairman@sevenoaksu3a.org.uk)

## BERYL'S BLOG

### Photographs on the Web

Do make sure you have permission to use a photograph if you are submitting it for publication or for a slide show which might be shown in public. If you are looking online for photos enter '*creative commons*' after your search title and all the pictures that come up are copyright free.

### The Little Book of Big Scams – Metropolitan Police

This is an excellent publication which provides a general guide to many of the scams currently operating in the UK, with a view to increasing awareness and explaining the steps you can take to protect yourselves. A copy can be downloaded by going to [www.met.police.uk/docs/little\\_book\\_scam.pdf](http://www.met.police.uk/docs/little_book_scam.pdf) or members can contact the Metropolitan Police on 020 72301228 or email [sterling@met.pnn.police.uk](mailto:sterling@met.pnn.police.uk).

Beryl Mansell. [vicechair@sevenoaksu3a.org.uk](mailto:vicechair@sevenoaksu3a.org.uk)

## Diary

### April

Mon	11	Apple iPad, IMac, iPhone & Watch
Mon	11	Science Group
Wed	13	Bridge
Mon	18	Computer Group
Tue	19	Strollers
Wed	20	Ambling
Thurs	21	Kings Cross visit
Mon	25	Half day walking
Wed	27	Bridge
<b>Wed</b>	<b>27</b>	<b>Monthly Meeting</b>

### May

Fri	13*	Computer Group meeting
Mon	16*	Apple iPad, IMac, iPhone & Watch
Wed	18	Dungeness visit
Thurs	19	Jazz Study Afternoon
<b>Wed</b>	<b>25</b>	<b>Monthly Meeting</b>

## Minutes of the EXECUTIVE COMMITTEE

Our Secretary, Judy Hebert, would like to remind you that the Minutes can be found on our website. [www.sevenoaksu3a.org.uk](http://www.sevenoaksu3a.org.uk).

## MONTHLY MEETING

**2.00pm Wednesday 27 April at the Bat & Ball Community Centre**

### A talk by Diana Small about Covent Garden.

Diana, who lives locally, is a Blue Badge Guide to London.

Her last talk, three years ago, about the City of London was very well-received by our members. Please join us for her talk and tea and cakes afterwards.



**Anyone for Table Tennis?**



We are considering the possibility of forming a group of those interested in playing a regular game of table tennis.

Wendy Henderson would be prepared to start by using her own table but if anyone else also has a suitable table that would be ideal. Perhaps eventually we could investigate the possibility of using a public hall.

Would anyone interested in this idea, please contact Wendy Henderson on 01732 451769 or email Susan Henson on [sue@diablo-designs.co.uk](mailto:sue@diablo-designs.co.uk).

**Solving (and setting) cryptic crosswords**



Steve Plater offers to host sessions to share 'tricks of the trade' on any or all of: Fri 25 March p.m., Wed 30 March a.m., Wed 6 April a.m., Fri 15 April a.m., Fri 22 April p.m., Fri 29 April p.m. About 40 minutes, start time to suit, west side of Sevenoaks town. Contact Steve on 01732 450400 or e-mail at [steve.plater@cantab.net](mailto:steve.plater@cantab.net). If interested but can't make those dates, contact him anyway – very flexible on dates and numbers.

**Singing for Fun**

We would like to set up a new singing group. Please let Susan Henson know if you have any ideas or contacts to help start a second group.



**The Sound of Music...**



...may or may not be one of your favourite films, but the title certainly resonates with our U3A members, be they performers or listeners. A glance through the web site or the Handbook reveals groups for Music Appreciation, Jazz and Blues, Opera, Recorders, Singing for Fun, and Circle Dancing.

And there's more... There are additional items: Jazz Study days, links with local live performances, and occasional meetings for members interested in finding ways into



listening to music. A longstanding feature of Sevenoaks U3A has been the two Music Appreciation groups, where members gather in someone's home to listen to recordings of (mainly) classical music. At a typical meeting a member will introduce the subject for the session, for example a composer (or composers in some way connected), or music linked to a time or place, or with a shared character or inspiration. In Group B we have recently heard a programme of music inspired by Shakespeare, and another featuring brass instruments. Forthcoming attractions are the music of Liszt and of women composers. The music may include orchestral, chamber, instrumental and vocal pieces, usually intended to give the group a flavour of something they might explore later on their own. At some meetings there are shared presentations, so the load is shared.



Members are encouraged to ask about and share their responses, so there is a real learning element. But the main purpose is enjoyment of the extraordinary pleasure that shared concentrated listening to music can afford.



**Jeff Lee. Group Organiser,  
Music Appreciation Group B**

## SOCIAL EVENTS NEWS

[social@sevenoaksu3a.org.uk](mailto:social@sevenoaksu3a.org.uk)

### Reminders and announcements of forthcoming Social Events:

**April 21:** The guided tour of the King's Cross Regeneration Area, travelling by train is FULLY BOOKED. The swift, positive response to this visit indicates that travel by train to London is no deterrent. This means that planning for a guided tour of Huguenot London using the train will go ahead. Details later.



#### May 18:

The FINAL date for application to the Dungeness Nuclear Power Station and Nature reserve is **April 8**. If you are interested please apply as soon as possible, using the form included with the last (March) Newsletter or available on the Sevenoaks U3A web site.



#### June 29:

Visit by coach to the Wimpole Estate, including Wimpole Hall and the Home Farm. See the flyer enclosed with this edition for more information and details on how to apply for this exciting whole day visit.



#### July 28:

The flyer for the coach trip to Highclere, venue for the filming of Downton Abbey advertised in the last Newsletter will be included in the May Newsletter.

## RESTORING KNOLE Tuesday 12 April

You may recently have read about Lord Sackville topping out the newly restored roof of Knole's medieval barn which will open soon to visitors as a conservation studio. Knole U3A have arranged a morning Seminar at the Community Centre on Tuesday 12 April when Lord Sackville and Richard Hill, the National Trust's Senior Project Manager, will be talking about the progress of the £19.8m restoration project and how it complements the history of building at Knole.

If you would like to find out more there are still tickets available. To apply, contact: Wendy Willsher, 7 Morel Court, Sevenoaks, TN13 3BG sending a cheque for £6 per ticket made payable to 'Knole U3A Extramural' plus a stamped self-addressed envelope.

## MEMBERS' CORNER

Please submit items of interest to members to [news@sevenoaksu3a.org.uk](mailto:news@sevenoaksu3a.org.uk)

### Getting Out and About

In the December 2015 Newsletter Beryl Mansell made mention of the wider world of U3A, including some online courses available from several sources. These Massive Open Online Courses (MOOCs) have been mentioned before, so this time I decided to explore a bit. There is indeed a big wide world of learning resources out there, but eventually I homed in on an 8-week course on "*Climate Change: Challenges and Solutions*", delivered by the University of Exeter, through Future Learn (owned by the Open University) (<https://www.futurelearn.com/courses>). I enrolled (it's free) and am now in Week 6 and very much enjoying it. The course materials are a step-by-step mixture of short video lectures, questions to think about, exercises, and links to reports, research and relevant websites. There are some 5,000 students worldwide registered on the course, and we are encouraged to join a discussion, make comments and ask questions. Other students, or sometimes course facilitators, comment or reply, so one feels very much part of a student body. The suggested time commitment is about 3 hours a week, but I find myself spending much more than that if I want to explore a topic in some detail. There is an opportunity for reflection and testing your learning at the end of each week – the dreaded test! Have any other Sevenoaks U3A members taken the plunge and gone down this route?

Celia Smith 01732 453049



### Films on Art Topics

Members may be interested to know that the STAG Cinema is to show three films on Fine Art.

Teatro Alla Scala: The Temple of Wonders.

Thursday 26 May 7pm

A journey to discover where the most glorious pages in the history of music, opera and ballet have been written.

Leonardo Da Vinci: The Genius in Milan.

Thursday 16 June 7pm

The story of the artist's world and the treasures he left us. The curator of the 2015 Milan Exhibition and leading experts open new perspectives about Leonardo, the painter, sculptor, scientist, anatomist, botanist and architect.

St Peter's and the Papal Basilicas of Rome.

Monday 4 July 7pm

The film combines history, spirituality, architecture and art. The story of the four Papal Basilicas of Rome: Saint Peter's, St John Lateran, St Mary Major and St Paul Outside-the-Walls.

## MEETINGS AND EVENTS OPEN TO ALL

See diary page 1 for complete list of events

### Science Group

Monday 11 April

#### **Diagnostics in a digital age: promises and challenges.** **Talk by Rosanna Peeling**

Diagnostics play a critical role in clinical decision making, disease control and prevention, as the recent Ebola crisis illustrated. In the developing world, lack of access to affordable diagnostics often results in mismanagement of patients and lives lost. Novel nano-sensor technologies have the potential to transform health care in both the developed and developing world, or are these empty promises?

Oxford Village Memorial Hall, 2pm. All Sevenoaks U3A members welcome. £2 entry includes tea.

### Bridge for Pleasure

Weds 13 & 27 April

The Group plays at Oxford Village Hall on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday mornings of each month from 9.50 a.m. until 12.15 p.m. The winner on 10<sup>th</sup> February was Stephen Hale and on 24<sup>th</sup> February was John Christie.

We are an "open" group, so any new players can just come along.

### The Strollers

Tuesday 19 April

Meet at the car park in Oxford at 11.00 for a walk from there towards Shoreham. There will be an optional lunch at The Bull afterwards.

Leader: Anne Gutteridge 01732 454923

### Half Day Walking

Monday 25 April

Meet in the main car park on the west side of the church in Kemsing in time for a 10am start. The walk will be 5 miles through the North Downs followed by an optional lunch at The Bell.

Leader: Velma Keys 01732 459001

### Science Group Study Day Thursday 9 June

#### **The Ageing Brain: Use It or Lose It!**

The speakers will all be from the UK Medical Research Council's Cognition and Brain Sciences Unit, based in Cambridge. Dr Meredith Shafto will discuss what happens to our brain as we age, Dr Kamen Tsvetanov will analyse what is causing this and Dr Linda Geerligs will tell us what we can do about it. Finally Prof James Rowe will describe what happens when "normal" ageing processes go "wrong" and we end up with dementia. The meeting will be held at Orchard Conference Centre, East Malling Research and will be open to all Sevenoaks and Knole U3A members. A flyer with more details and a booking form is included with the Newsletter.

Win Gutteridge 01732 454923

### Apple Group

Monday 11 April

- Using iMovie
- Time machine and backup
- Sending large files

Round Tables Sharing: iPad new and existing users, Mac computer users & large files, Time machine, iMovie

Oxford Methodist Church Hall from 2 - 4pm

Dave Simmons 01732 457646

#### **PLEASE NOTE**

**We are changing our meetings to the third Monday of the month. The May meeting will be on May 16.**

### Computer Group

Monday 18 April

Sevenoaks Library Internet Services.

#### **Presentation by Jenny Carter**

- How to Navigate the Website and Catalogue
- Good Websites for Choosing Books
- How to Look After your Library Ticket Online
- Computer Facilities in Libraries and Wifi Availability
- Computer Buddies and Volunteering
- Online Resources – What is on Offer
- What is Next For Magazines and Newspapers
- BRING YOUR QUESTIONS

#### **Oxford Village Memorial Hall 2pm.**

All Sevenoaks U3A Members welcome  
£2 entry includes refreshments

Mike Bamforth 01732 450491

### Ambling

Wednesday 20 April

Meet in the car park of the Leather Bottle at Cobham (post code DA12 3BZ) in time for a 10:00 start. Take the A227 to Meopham, after passing the church on the right take the next right into Green Lane. Follow this road to a T junction and turn right, after 0.25 mile the pub is on the left after a traffic calming restriction. The walk will be followed by an optional lunch.

Leader: Grahame Lee . 01474 852007.

There are flyers for three events following this newsletter:

**19th May The Blues Roll On**

**9th June The Ageing Brain (2 pages)**

**29th June Visit to Wimpole Estate**

Please make sure that you scroll down to see them all. They can be individually printed off using the print dialogue box, usually 'current page'



# THE BLUES ROLL ON

## Jazz and Blues Group 1 Study Afternoon

**THURSDAY 19th May 2016**

Four years ago we brought you "Good Morning Blues" an exploration of the country and piano blues with veteran British bluesmen Bob Hall and Dave Peabody.

For "The Blues Roll On" Dave returns in the company of ex Yardbirds harmonica player Alan Glen. They will talk and play us through the migration of the blues from its heartland in the Mississippi Delta to Chicago and beyond where the music with the help of amplification, evolved and flourished. This was captured by such companies as Chess whose records found their way over the pond to UK to kick start a British Blues Scene.

Dave and Alan are themselves part of that history. We are in for a lively afternoon.

- DATE** Thursday 19th May 2016
- VENUE** Otford Village Memorial Hall TN14 5PQ
- TIME** 1.45 registration for a prompt 2pm start. Performance ends at 4pm
- REFRESHMENTS** Tea/Coffee will be served
- COST** £5 per person
- ORGANISER** Peter Moss [jazz1@sevenoaksu3a.org.uk](mailto:jazz1@sevenoaksu3a.org.uk)

**This Study Day is open to all members of the U3A. Do book early to avoid disappointment.**



*To enjoy the show, please complete and send this tear-off portion, with your cheque to:*  
 Roy Elliot BLUES STUDY 14 Park Hill Road Otford TN14 5QH

Please reserve ..... place/s (£5 each) for the Blues Roll On Study Afternoon.  
 Thursday 19th May 2016 at Otford Village Memorial Hall.

I enclose a cheque for £ ..... payable to U3A Sevenoaks Social Account.

If you have an email address, confirmation of your place will be sent by email.

If you don't have email, please enclose a SAE for posting your ticket to you.

Name/s (CAPITALS please) .....

Tel:..... Email address .....

OR Postal address .....

.....



# Joint Kent U3A Science Groups Study Day

## Your Ageing Brain: Use It or Lose It?

Thursday 9th June 2016

Orchards Conference Centre, East Malling ME19 6BJ

*Studying what happens to the brain as we get older is a comparatively new science. This Study Day looks at pioneering research under way to better understand age-related changes in brain function. It considers what we can do to combat these changes, and how normal ageing processes can go 'wrong' leading to dementia.*

*Sevenoaks and Knole U3A Science Groups have brought together scientists from the University of Cambridge and the Medical Research Council to review recent research that helps explain what happens in the ageing brain. Ageing affects us all – so come along to find out more! As this Study Day is open to all U3A members across Kent, book early to avoid disappointment.*

### Programme

- 09:30 Coffee and Registration
- 10:00 Welcome and Overview of the day **Win Gutteridge**, Sevenoaks U3A
- 10:05 What happens? - Age-related changes in cognitive functioning. **Meredith Shafto**  
Department of Psychology, University of Cambridge
- 10:40 What is causing it? Age-related changes in brain structure and brain function.  
**Kamen Tsvetanov**. Department of Clinical Neurosciences, University of Cambridge
- 11:30 What can you do about it? Effects of physical exercise and mental training on the brain and on cognitive function. **Linda Geerligs**, MRC Cognition and Brain Sciences Unit
- 12:05 What about dementia? What happens when "normal" ageing processes go "wrong" and one develops dementia? **James Rowe**. Department of Clinical Neurosciences, University of Cambridge
- 12:40 Overall discussion - Chair, speakers and the audience
- 13:30 Lunch (Optional)

**Applications by 20<sup>th</sup> May** to: Ann Andrews, 39 Brittain's Lane, Sevenoaks, Kent, TN13 2JU  
[scienceday@sevenoaksu3a.org.uk](mailto:scienceday@sevenoaksu3a.org.uk) Tel: 07881-944319

**Science Study day: Thursday 9<sup>th</sup> June 2016 at the Orchards Conference Centre,  
East Malling Research, New Road, East Malling, ME19 6BJ**

**Optional Ploughman's lunch (with Vegetarian options) available at £7.50 per head, details over page**

Please reserve .....places at **£22.50** each (NO lunch) and/or

Please reserve .....places at **£30.00** each INCLUDING lunch  
Vegetarian option No.....

I enclose a cheque for £.....  
payable to Sevenoaks U3A Science  
Committee

Name/s (CAPITALS Please) ..... Tel: .....

Postal address (with SAE) .....

..... e-mail address .....

**Further information and tickets will be issued by email or post as appropriate in approximately mid-May**

**Ploughman's Lunch at £7.50 (if a vegetarian option is required please indicate on application form)**

This will be available in the Orchards Café following the Study Day programme

**Menu**

Home baked rustic bread rolls

Tasty handmade East Malling red onion marmalade

Selection of pickles & chutneys

A mouth-watering chunk of Cheddar cheese (V)

Home cured sliced ham

Hard boiled eggs (V)

New potatoes drizzled with butter & herbs (V)

Fresh garden salad (V)

East Malling Apple Juice

WEDNESDAY 29TH JUNE 2016



## Wimpole Estate near Royston Cambridgeshire

We have organised a coach trip to the National Trust's Wimpole Estate. There is much to enjoy here: the Georgian Hall, the walled garden and glass houses, the 18th century Home Farm now housing rare breeds of domestic animals and, for the energetic, extensive walks in the wider

estate. There are various shops and cafes on site where coffee/lunch/tea (all at own expense) may be taken.

There is also transport from the main shopping area to the walled garden and farm for those who would find the walk arduous.

- Date** Wednesday 29<sup>th</sup> June 2016
- Venue** Tesco Riverhead rear of store
- Time** Leave at 8.30am
- Cost** **National Trust members £14.50 Non NT members £29.50** per person to include return coach travel and gratuities, entry to Wimpole Estate and all its attractions. Coffee/lunch/tea available at own expense.
- Schedule** Arrival at Wimpole Estate at 10.30. We spend the whole day here.  
The coach leaves for the return to Sevenoaks at 4.00pm.
- Numbers** Limited to 48
- Organiser** Rosina Cole 01732 459505 [social@sevenoaksu3a.org.uk](mailto:social@sevenoaksu3a.org.uk).

**This event is open to all members of Sevenoaks U3A**

Please detach and send this portion to:-

Rosina Cole, 15 Hartslands Road, Sevenoaks KENT TN13 3TN.

Please enclose a cheque for either £14.50 or £29.50 per person made payable to **U3A Sevenoaks Social Account** TOGETHER WITH a stamped self-addressed envelope for your receipt, and your car registration number if you will be parking at Tesco.

Name(s).....

Address .....Tel No .....

Email address.....My car Reg is .....

Please reserve 1 or 2 places (please indicate) on the U3A trip to Wimpole Estate on Wednesday 29th June

I enclose a cheque for £..... or £.....